

Passive Smoke

Smoking Around Children...



... Do You Know What Can Happen?

1. When people smoke, those around them are affected both by smoke from a burning cigarette and by second-hand or passive smoke- this is the smoke that the smoker blows back out after inhaling
2. Passive smoke is worse than the smoke that a smoker inhales from a cigarette- passive smoke is much more concentrated
3. What happens to children when they are around passive smoke:
 - ✦ More respiratory illnesses, including asthma
 - ✦ Growth may be slowed
 - ✦ Increased chance of having chronic lung disease as an adult
4. Here are some good ideas for ways to help keep children away from smoke:
 - ✓ Don't smoke in the same room as children
 - ✓ Don't smoke inside cars if children are present
 - ✓ Don't smoke in areas that children spend most of their time- like in the playroom
 - ✓ Designate certain areas for smoking- like outside
5. If you have any questions about smoking and your child- talk with your health care provider



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service